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AUTHOR Namudu, Mike M.
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ABSTRACT

This booklet contains the fundamentals for rugby at the primary school level. It deals primarily with passing and catching the ball. It contains instructions on (1) holding the ball for passing, (2) passing the ball to the left--standing, (3) passing the ball to the left--running, (4) making a switch pass, (5) the scrum half's normal pass, (6) the scrum half's swing pass, (7) catching a high ball, (8) taking the ball from a pass, (9) catching a bouncing ball, (10) getting ready to receive a pass, and (11) the dummy pass. Photographs or illustrations accompany each instruction. (RC)

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PASSING AND CATCHING IN RUGBY

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Prepared by:

MIKE M. NAMUDU

Written by members of the Fiji Ministry of Education, Junior Secondary Schools Physical Education Conversion Course 1974 and produced by the UNDP (UNESCO) Curriculum Development Project, University of the South Pacific, Suva, Fiji.

INTRODUCTION

Since rugby has become a nation-wide sport, it is vitally important to introduce the proper fundamentals of the game at primary school level.

Ball handling is the most important aspect of the game, that we, sports teachers should concentrate on at primary school standard. The ball should be the extension of the arms

How you transfer the ball from one player to another is immaterial, the essential thing to bear in mind is that the player receiving it must get it at the

correct time, and in a position which gives him a reasonable chance of catching it.

This booklet deals primarily with passing and catching the ball. The book could be used by forms one and two pupils to enable them to understand some of the basic principles of passing and receiving.

Boys in the pictures are Semi Seruvakula Jr., Manasa Tuisawau, (both in Cl. 2) Panapasa, Timoci and Seru (all in Cl. 8) of Delainamasi Govt. School.

October 1974.

HOLDING THE BALL FOR PASSING

See that your fingers are spread out and slightly behind the centre.

The ball is vertical; the arms are straight and relaxed. The tips of your fingers control the ball. (1)

II. PASSING THE BALL TO THE LEFT - STANDING

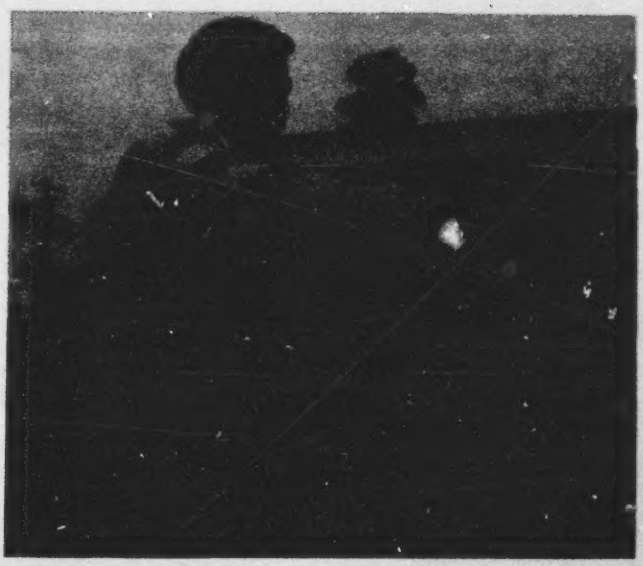
Feet apart. Pull the ball to the right allowing your right elbow to point upwards with ball pointing downwards. Twist your trunk to the left from the hips (2A).

Swing your arms from the shoulder and extend arms fully to the left (2B).

(1)

(2A)

(2B)



(3)

(4A)

(4B)

III. PASSING THE BALL TO THE LEFT - RUNNING

Look straight at the receiver a few strides before passing (3). Pass slightly in front of him.

IV. MAKING A SWITCH PASS

Turn towards the receiver. This enables you to turn the ball away and out of sight of the defenders.

The receiver must come in close to take the ball out of the hands of the person making the pass (4A - 4B).

V. SCRUM HALF'S NORMAL PASS

i) Back foot close to the ball (6A).

ii) Push the other leg out towards the receiver and sweep the ball away. (6B)

VI. SCRUM HALF'S SWING PASS

i) Front foot close to the ball. (7A)

ii) Rotate or pivot on the front foot and sweep the ball away. (7B)

(6A)

(6B)

(7A)

(7B)

(8A)

(8B)

(8C)

(8D)

/II. CATCHING A HIGH BALL

i) Eyes on the ball - legs spread, one in front of the other, (stronger leg at the back) extend your arms towards the ball with fingers spread (8A).

ii) When the ball is approaching your palms, bend your elbows slowly so that your arms may form a basket.
Start twisting your upper body slightly (8B - 8C)

iii) Ball moves into the basket safely.
Your turn is almost complete. (8D)

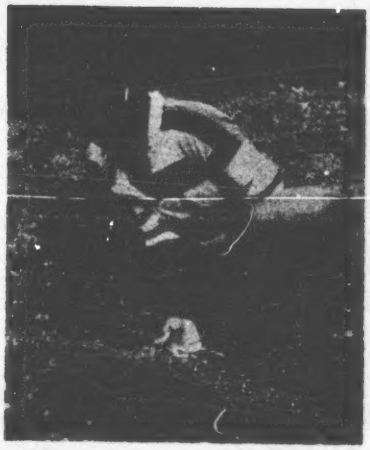
VIII. TAKING THE BALL FROM A PASS

Reach for the ball, using both hands. When the ball is safely in the hands, keep the ball away from the body. This ensures that the ball can be passed quickly. (9A. 9B, 9C).

(9A)

(9B)

(9C)



(10)

(11A)

(11B)

IX. CATCHING A BOUNCING BALL

Do not lunge towards the ball. Try to judge the ball's speed and bounce. Prepare your hands beside your knees with fingers wide spread. Allow the ball to land softly on your palms. This should avoid a knock on. (10)

X. GETTING READY TO RECEIVE A PASS

Be a good distance away and slightly behind your team mate who has the ball. The receiver keeps his eyes on the ball, and he watches the passer's body movement. (11A) When the ball is moving across the gap, the receiver prepares himself by extending his arms. (11B)

V. THE DUMMY PASS

Player (A) attracts (C) to tackle him and this is done by turning slightly to the inside of (C) so that (C) has to stop. Once this happens, it is simple matter for (A) to swing the ball out in front of player B.